

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45-7:30 MS	Tabata <i>Angie Lee</i>	6:30-7:15 CS◆	Studio Cycling <i>Monika Janeczek</i>	6:45-7:30 MS	Stacked! <i>Angela Leigh</i>	6:00-6:45 CS◆	Studio Cycling <i>Chayanne Joel</i>	6:30-7:30 YS	Hot Vinyasa Yoga <i>Kristina Erikson</i>	10:30-11:15 MS	Tabata <i>Muri Assunção</i>	9:30-10:30 YS	Hot Vinyasa Yoga <i>Rebecca Robbins</i>
7:00-7:45 CS◆	ANTHEM™ <i>Arthur Tang</i>	6:45-7:30 MS	METCON3 <i>Kendall Janicola</i>	7:00-7:45 CS◆	Studio Cycling <i>Erica Villaiba</i>	6:45-7:35 TR◆	Precision Running® <i>Shanda Woods</i>	7:00-7:45 CS◆	Studio Cycling <i>Julie Tamir</i>	10:30-11:30 YS	Hot Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:50 MS	Titan Method <i>Omar Sandoval</i>
7:00-8:00 YS	Hot Athletic Yoga (L2) <i>Serena Tom</i>	6:45-7:35 TR◆	Precision Running® <i>Lindsay Carson</i>	7:00-8:00 YS	Heated Pilates <i>Khaleah London</i>	7:15-8:00 MS	Tabata <i>Muri Assunção</i>	7:15-8:00 MS	Whipped! <i>Gerren Liles</i>	11:00-11:50 TR◆	Precision Running® <i>Ashley Underwood</i>	11:00-11:45 CS◆	Studio Cycling <i>Avery Washington</i>
7:35-8:20 MS	Tabata <i>Angie Lee</i>	7:15-8:15 YS	Vinyasa Yoga <i>Anke Meserve</i>	7:35-8:20 MS	Stacked! <i>Angela Leigh</i>	7:15-8:15 YS	Vinyasa Yoga <i>Melini Jesudason</i>	7:45-8:45 YS	Hot Athletic Yoga (L2) <i>Serena Tom</i>	11:15-11:35 MS	Ab Lab <i>Muri Assunção</i>	11:00-11:50 MS	Powerstrike! <i>Omar Sandoval</i>
8:15-9:15 YS	Hot Vinyasa Yoga <i>Robert Nguyen</i>	7:35-8:20 MS	METCON3 <i>Kendall Janicola</i>	8:00-8:50 TR◆	Precision Running® <i>Miriam Shestack</i>	7:45-8:35 TR◆	Precision Running® <i>Shanda Woods</i>	8:00-8:50 TR◆	Precision Running® <i>Arthur Tang</i>	12:00-1:00 YS◆	Heated Yoga for Runners <i>Damien Alexander</i>	11:00-12:00 YS◆	Hot Vinyasa Yoga <i>Rebecca Robbins</i>
12:00-12:45 MS	Boot Camp <i>Lulu Faria</i>	7:45-8:35 TR◆	Precision Running® <i>Lindsay Carson</i>	8:30-9:00 MS◆	Firestarter <i>Khaleah London</i>	8:15-9:00 CS◆	Studio Cycling <i>Shane Blouin</i>	12:00-12:50 TR◆	Precision Running® <i>KT Goldthorpe</i>			12:00-12:50 TR◆	Precision Running® <i>Avery Washington</i>
12:00-12:50 TR◆	Precision Running® <i>Dominic Manfredi</i>	8:15-9:00 CS◆	Studio Cycling <i>Melissa Morin</i>	12:00-12:50 TR◆	Precision Running® <i>Kevin St-Fort</i>	12:00-1:00 YS	Hot Vinyasa Yoga <i>Omri Kleinberger</i>	12:00-12:45 YS	Yoga for Runners <i>Melini Jesudason</i>				
12:00-1:00 YS◆	Hot Athletic Yoga (L2) <i>Serena Tom</i>	12:00-1:00 YS	Power Yoga <i>Jen Guarnieri</i>	12:00-1:00 YS	Hot Vinyasa Yoga <i>Rika Henry</i>	12:15-1:00 MS	Stacked! <i>Matt Ortel</i>	12:15-1:00 MS	METCON3 <i>Luis Weber</i>				
12:15-1:00 CS◆	Studio Cycling <i>Wil Ashley</i>	12:15-1:00 MS	Whipped! <i>Gregg Cook</i>	12:15-1:00 MS	Boot Camp <i>Gerren Liles</i>	1:15-2:00 CS◆	Studio Cycling <i>Eric Cobb</i>	12:30-1:15 CS◆	Studio Cycling <i>Nikki Bucks</i>				
1:00-1:45 MS	Titan Method <i>Omar Sandoval</i>	1:15-2:00 CS◆	TERRAcycle! <i>Gregg Cook</i>	12:30-1:15 CS◆	ANTHEM™ <i>Michael Keeney</i>	1:15-2:00 MS	EQX Barre Burn <i>Joan Ferraro</i>	1:00-1:50 TR◆	Precision Running® <i>KT Goldthorpe</i>				
1:00-1:50 TR◆	Precision Running® <i>Dominic Manfredi</i>	1:15-2:00 MS	EQX Barre Burn <i>Cindya Davis</i>	1:00-1:50 TR◆	Precision Running® <i>Kevin St-Fort</i>	1:15-2:00 YS	Heated Pilates <i>Cameron Norsworthy</i>	1:00-2:00 YS	Vinyasa Yoga <i>Melini Jesudason</i>				
1:15-2:00 YS	Heated Pilates <i>Cathe Thompson</i>	1:15-2:15 YS	Restorative Flow Yoga <i>Patricia Pinto</i>	1:05-1:50 MS	Tabata <i>Tracy Gordon</i>	3:00-4:00 YS	Hot Power Yoga <i>Lindsay Carson</i>	4:00-5:00 YS	Vinyasa Yoga <i>Patricia Pinto</i>				
2:30-3:30 YS	Hot Vinyasa Yoga <i>Lisa Bermudez</i>	4:15-5:15 YS	Vinyasa Yoga <i>Shanda Woods</i>	1:15-2:15 YS◆	Hot Athletic Yoga (L2) <i>Serena Tom</i>	4:15-5:15 YS	Hot Power Yoga <i>Lindsay Carson</i>	5:30-6:15 MS	Athletic Conditioning <i>Tracy Gordon</i>				
4:00-5:00 YS	Hot Vinyasa Yoga <i>Jena Maenius</i>	5:30-6:15 MS	Studio Cycling <i>Julie Tamir</i>	4:00-5:00 YS	Hot Vinyasa Yoga <i>Jena Maenius</i>	5:30-6:15 MS	Inner Athlete <i>Lulu Faria</i>	5:30-6:15 YS	Pilates <i>Erin Ginn</i>				
5:30-6:15 MS	Cardio Sculpt <i>Muri Assunção</i>	5:30-6:15 MS	Tabata <i>Lynze Schiller</i>	5:30-6:15 CS◆	Studio Cycling <i>Flaminia Fanale</i>	5:45-6:30 CS◆	Studio Cycling <i>LR Davidson</i>	5:45-6:30 CS◆	ANTHEM™ <i>Lindsay Carson</i>				
5:30-6:30 YS◆	Hot Vinyasa Yoga <i>Benn Rasmussen</i>	5:45-6:30 YS	Pilates <i>Erin Ginn</i>	5:30-6:20 MS	Titan Method <i>Phantom Omar Sandoval</i>	6:00-7:00 YS◆	Hot Vinyasa Yoga <i>Victoria Slagter</i>	6:30-7:00 MS	Core Conditioning <i>Tracy Gordon</i>				
6:15-7:00 CS◆	Studio Cycling <i>Flaminia Fanale</i>	6:30-7:15 MS	EQX Barre Burn <i>Lynze Schiller</i>	5:45-6:45 YS◆	Hot Vinyasa Yoga <i>Jena Maenius</i>	6:30-7:00 MS◆	Firestarter <i>Lynze Schiller</i>	6:30-7:30 YS	Slow Flow Yoga <i>JoAnna Ross</i>				
6:30-7:15 MS◆	METCON3 <i>Kendall Janicola</i>	6:45-7:30 CS◆	ANTHEM™ <i>Shanda Woods</i>	6:30-7:20 MS◆	Titan Method <i>Omar Sandoval</i>	7:00-7:15 MS	Ab Lab <i>Lynze Schiller</i>						
7:00-8:30 YS◆	Vinyasa Yoga (L2) <i>Benn Rasmussen</i>	6:45-7:45 YS◆	Vinyasa Yoga <i>Jill Green</i>	6:45-7:30 CS◆	Studio Cycling <i>CJ Lee</i>	7:30-8:30 YS	Hot Vinyasa Yoga <i>Victoria Slagter</i>						
7:30-8:15 CS◆	Studio Cycling <i>Monika Janeczek</i>	7:30-8:15 MS	Boot Camp <i>Will Jackson</i>	7:15-8:15 YS	Hot Vinyasa Yoga <i>Rika Henry</i>								
7:30-8:15 MS	Tabata <i>Tim Flores</i>			7:30-8:20 MS	Powerstrike! <i>Omar Sandoval</i>								

BRYANT PARK

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MON - THU: 5:30 AM - 10:00 PM

FRI: 5:30 AM - 9:00 PM

SAT: 9:00 AM - 2:00 PM

SUN: 9:00 AM - 2:00 PM

GROUP FITNESS MANAGER

DOMINIC MANFREDI
dominic.manfredi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

HEATED YOGA FOR RUNNERS Designed specifically for runners, this class will help increase your performance to decrease your finish time, with an emphasis on core strengthening, quad and hip openers, hamstring stretches and balance poses. Set in a heated environment.

HOT ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA FOR RUNNERS Designed specifically for runners, this class will help increase your performance to decrease your finish time, with an emphasis on core strengthening, quad and hip openers, hamstring stretches and balance poses.

ATHLETIC TRAINING

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style.

Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

TITAN METHOD PHANTOM Developed by Omar Sandoval, The Titan Method Phantom incorporates the TM training philosophy of five-minute training rounds, but is done completely with bodyweight. Titan Method Phantom drills are guaranteed to develop your muscular strength, endurance and cardio fitness!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LONG + LEAN

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

PILATES

HEATED PILATES An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

BOXING + MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.